


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01/01/14 NEW YEAR'S DAY ALL SITES CLOSED	01/02/14 APPLE JUICE BEER BATTERED FISH WEDGES WHOLE KERNEL CORN BROCCOLI BISCUIT WITH MARGARINE SLICED PEACHES SKIM MILK COFFEE OR TEA	01/03/14 ORANGE JUICE FRENCH ONION SOUP WITH CRACKERS CHICKEN SALAD, KAISER ROLL MIXED GREEN SALAD WITH ITALIAN DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA
01/06/14 GRAPE JUICE CRANBERRY DIJON CHICKEN WILD RICE BROCCOLI WHOLE WHEAT BREAD WITH MARGARINE FRESH FRUIT ORANGE SKIM MILK COFFEE OR TEA	01/07/14 CRANBERRY JUICE BEEF STROGANOFF GREEN PEAS MIXED GREEN SALAD WITH ITALIAN DRESSING WHOLE WHEAT BREAD, MARG. HOT GLAZED PEACHES SKIM MILK COFFEE OR TEA	01/08/14 APPLE JUICE SLICED TURKEY, HAM, AND SWISS CHEESE, SUB ROLL MAYO & MUSTARD LETTUCE & TOMATO COLESLAW FRESH FRUIT SKIM MILK COFFEE OR TEA	01/09/14 PINEAPPLE JUICE SPLIT PEA SOUP WITH CRACKERS SLICED ROAST BEEF & SWISS WHEAT BREAD, MUSTARD MIXED GREEN SALAD WITH FRENCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	01/10/14 ORANGE JUICE POLLOCK FILET WITH BREAD CRUMBS, TARTAR SAUCE MACARONI & CHEESE BRAISED KALE CORNBREAD WITH MARGARINE DICED PEARS SKIM MILK COFFEE OR TEA
01/13/14 APPLE JUICE MAPLE GLAZED CHICKEN RICE PILAF SLICED CARROTS OATMEAL BREAD, MARG. SLICED PEACHES SKIM MILK COFFEE OR TEA	01/14/14 ORANGE JUICE CORN CHOWDER SOUP WITH CRACKERS CHICKEN SALAD KAISER ROLL FRESH FRUIT SKIM MILK COFFEE OR TEA	01/15/14 CRANBERRY JUICE SWEDISH MEATBALLS WHOLE GRAIN PENNE PASTA MIXED VEGETABLES CORNBREAD WITH MARGARINE FRESH FRUIT ORANGE SKIM MILK COFFEE OR TEA	01/16/14 PINEAPPLE JUICE HAMBURGER ON A BUN MUSTARD & KETCHUP LETTUCE & TOMATO CRISPY CUBED POTATOES CUCUMBER & TOMATO SALAD APPLE CRISP SKIM MILK COFFEE OR TEA	01/17/14 GRAPE JUICE POTATO CRUSTED FISH WITH TARTAR SAUCE BLACK EYED PEAS STEWED TOMATOES WHOLE WHEAT BREAD WITH MARGARINE TROPICAL FRUIT SKIM MILK COFFEE OR TEA
01/20/14 MARTIN LUTHER KING HOLIDAY ALL SITES CLOSED MONDAY 01/27/14	01/21/14 PINEAPPLE JUICE CHICKEN NOODLE BAKE BROCCOLI HARVARD BEETS WHEAT BREAD WITH MARG. FRUIT COCKTAIL SKIM MILK COFFEE OR TEA TUESDAY 01/28/14 ORANGE JUICE	01/22/14 GRAPE JUICE CHICKEN STIR FRY JASMINE RICE GINGER CARROTS WHOLE WHEAT BREAD MIXED FRUIT CUP SKIM MILK COFFEE OR TEA WEDNESDAY 01/29/14 GRAPE JUICE	01/23/14 CRANBERRY JUICE BAKED MEATBALLS W/SAUCE WHOLE GRAIN SPAGHETTI GREEN BEANS ITALIAN BREAD WITH MARG. AMBROSIA SKIM MILK COFFEE OR TEA THURSDAY 01/30/14 APPLE JUICE	01/24/14 ORANGE JUICE TOMATO BASIL SOUP SLICED TURKEY & SWISS WHEAT BREAD, MUSTARD MIXED GREEN SALAD FRESH FRUIT SKIM MILK COFFEE OR TEA FRIDAY 01/31/14

SKIM MILK COFFEE OR TEA	MEATLOAF WITH BROWN GRAVY GARLIC MASHED POTATOES GLAZED CARROTS WHOLE WHEAT BREAD, MARG. PINEAPPLE TIDBITS SKIM MILK COFFEE OR TEA	CHICKEN CHILI & SHREDDED CHEESE SOUR CREAM & MARGARINE MIXED GREEN SALAD WITH RANCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA		
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HOW TO STICK TO A NEW RESOLUTION

With the New Year, while many of us want to lead a healthier lifestyle , a hectic schedule, cold winter and a lack of motivation all seem to get in the way. Starting today, follow some of these simple steps toward a healthier you!

- Make specific goals: Instead of saying, "I want to start working out more," say, "I will do 30 minutes of physical activity per day."
- Limit yourself: Stick to one resolution instead of a few.
- Post reminders: Hang up a written reminder of your resolution in a visible place.
- Take action: Sign up for a gym membership or start adding more fruits and veggies to your meal plan immediately.
- Start making healthy choices: If your goal is to eat less "junk food," find a healthy snack you enjoy instead .